



# The All in One

A SOUTH AFRICAN SCHOOL MAKING A WORLD OF DIFFERENCE

No.9

## Girls' Prep Weekly Newsletter

12 March 2009

### FORTH-COMING WEEK:

#### Wednesday, 18 March

10h15 Music Concert in the GC Quad

#### Saturday, 21 March

08h00 - 10h00 Exercise Track Fun Day

(Prep Field and Campus boundary track)



#### Age groups in sport

All parents and girls are reminded that we require the girls to participate in their age groups for sport. Should a girl be *younger* than her grade, she may choose where she participates, but this choice is then consistent in all sports. Girls participating in Netball and Hockey Skills should report to their correct age group.

Mrs Whindus

Director: Extramurals, Girls' Prep

#### **Receptionist**

Please note that our current receptionist is Mrs Glynis van Dijk, who is filling in for Mrs Florence Okafor. It is with sadness that we announce that Mrs Okafor's baby was stillborn. We wish her strength during this great time of sadness and recovery.

If you need to email Mrs van Dijk, her email address is: [gvandijk@stithian.com](mailto:gvandijk@stithian.com). Her contact no. is 011 577 6334.


#### LOST PROPERTY

Please note that there is a new list of lost property items on our webpage. Please check [www.stithian.com](http://www.stithian.com) > Girls' Prep > Lost Property

#### **An Appeal**

Do any parents have an old lounge suite that they may wish to discard. We would like to develop an Afrikaans Reading Centre in the Afrikaans room and couches would definitely help create a "reading atmosphere".



 Girls are reminded to wear their hats when they are outdoors. Girls who do not have them on at break, will be sent to the Grade 5 corridor, where their names will be taken down. If their name appears on the list twice, there will unfortunately be consequences.

Please note that the Girls' Prep will close at **10h30** on Wednesday, 8 April for the Easter Holidays.



#### **Staff News:**

Mrs Joanne Stead has resigned, effective 31 December 2009. Mrs Stead will be relocating with her family. We wish Mrs Stead all the very best, but will formally bid her farewell at the end of the year.

Dear One and All

An enormous thank you from myself and the rest of the Admin team for the amazing support we received for Shavathon 2009.

Overall we raised a total of **R46, 792!** This is R10 000 more than last year.

The Girls' Prep contributed R 8050.00 to this total, which is amazing!

Thank you once again for your valued support and we look forward to Shavathon 2010.

Kim Urquhart

HR Director - St Stithians College

#### **TRAFFIC**

Parents are requested to drive carefully and safely on the campus, and please adhere to all traffic signs and obey the rules of the road.

This applies especially in the **GP drop off zone, especially during the netball season and after school.**



Please diarize our CAMPUS Fun-Track day on Saturday, 21 March from 08h00 - 10h00. We look forward to as many Saints Families participating as possible. Sponsor forms were handed out on Wednesday, this week. Please return these to class/tutor teachers by Wednesday, 18 March.

Please turn overleaf to read an article from our school counselor, Mrs Kay Curtis, about "BEING HAPPY". There are some vital reminders and choices for all of us.

Please also read about **our congratulations** in swimming, diving and hockey. We are so proud!

### Thought for the Week:

*Most people would rather be certain they're miserable, than risk being happy.*

*Robert Anthony*



# Are you Happy?

- \* The first step in becoming a happier person is to be **AWARE** of your own thoughts, and the beliefs you hold about yourself. Listen to your self talk.
- \* Next, ask yourself - are these thoughts and beliefs making me happy, do they **build me up** or break me down?
- \* Then, realise that you have a **CHOICE** in what you believe and what you think about yourself, **no one else** can think your thoughts for you.
- \* If the thoughts and beliefs you have are negative or critical, make the choice - **STOP** choosing those that are bad for you and choose ones that make you feel good about yourself.  
This step is hard - **Don't give up!**
- \* Take **RESPONSIBILITY** for your own feelings, don't blame others for how you feel, what you feel is what **YOU** feel, it is your responsibility.



## CONGRATULATIONS TO ...

Mr S Veldman - Gauteng Swimming Team manager  
Bianca Nilsen - Gauteng Swimming  
Ayanda Zwambila - Gauteng Diving  
Aerin Davidson - Gauteng Diving  
Sarah Parkinson - CGA Level 1 Championships (silver medal)  
Laura-Anne Berzen - CGA Level 1 Championships (TBC)  
Kristen Elmes - Under 12 D10 Hockey  
Ashleigh Elmes - Under 12 D10 Hockey  
Sinead Erasmus—U12 D10 Hockey  
Amber Penney - Under 12 D10 Hockey  
Teagan Richter - Under 12 D10 Hockey  
Caitlin Hackney - U13 D10 Hockey  
Dale Stone - U13 D10 Hockey  
Alyssa Viljoen - U13 D10 Hockey  
Leanne Wilson - U13 D10 Hockey

We are also exceptionally proud of our swimmers who performed so well at the All Girls' Schools Galas last Friday. The A team won the A50 gala, the B team came 4th (beaten by A teams from other schools) and the C team came 6th. The girls and staff have worked very hard since January and these results reflect the commitment and dedication of everyone involved. WELL DONE AND THANK YOU!

Mrs Whindus  
Director: Extramurals, Girls' Prep